



A 96-Hour Kit is made up of 5 smaller sub kits. The complete kit is intended to be small enough and light enough so that you can easily move and carry this kit at any time to any location. With this in mind, the 96-hour kit should be made up of items that are essential. However, you may add items in the consideration column below as space and budget allow. Some things may be of higher priority to you than to others. The check list below is only a guideline. Plan well and think about what you consider to be essential.

## Food and Water Kit

### ESSENTIAL:

- \*  Energy Bars
- Water (Refillable Bottle)
- Protein / Energy Snacks

### CONSIDER:

- Water Purification
- Hot Meal (MRE type)
- Pack Stove

## Hygiene Kit

### ESSENTIAL:

- Toilet Paper
- Soap (liquid)
- Deodorant
- Tooth Brush
- Tooth Paste
- Wash Cloth
- Comb / Brush
- Feminine Products
- Hand Sanitizer / Wipes
- Eye Glasses / Contacts

### CONSIDER:

- Chap Stick
- Sun Screen
- Metal Mirror
- Tweezers
- Nail Clippers
- Dental Floss
- Baby Powder
- Q-TIPS
- Contact Lens Case
- Contact Lens Solution
- Bug Spray / Deet Wipes

## First Aid Kit

### ESSENTIAL:

- Nitrile Gloves (4-6 pr)
- 4X4 Gauze (4-6 ea)
- 2X2 Gauze (4-6 ea)
- 4" Curlex (2 ea)
- 2" Curlex (2 ea)
- Band Aids (1 bx mix)
- ABD Trauma Pad
- Scissors
- Cloth Tape
- Antibiotic Ointment
- Triangle Bandage
- 4" ACE Bandage (1 ea)
- 2" ACE Bandage (1 ea)
- Space Blanket (Sleeping Bag)
- Critical Personal Medications
- Aspirin / Tylenol / Ibuprofen (as desired)
- Benedryl

### CONSIDER:

- Saline Solution
- Burn Gel / Cream
- Pressure Dressing (1)
- Sam Splint
- ICE Pack
- Heat Pack
- Anti-Diarrheal Med
- Stool Softener
- CPR Mask

**NOTE:** Record on the back of this form any item that has an expiration date such as food or batteries, medication, etc.

*In addition to this Grab and Go 96-Hour Kit, remember to also prepare at home and in your car...*

## Tool Kit

PRC V4

(updated 9 Jan 2019 - KRW)

### ESSENTIAL:

- Emergency Plan
- Leather Gloves
- Goggles / Safety Glasses
- Dust Mask (N95)
- Flash Light/Head Lamp
- \*  Extra Batteries
- Whistle (Metal is best)
- Can Opener (P38)
- Knife
- AM / FM Battery Radio
- Pen/Pencil, Note Pad
- Gas Shut Off Wrench

### CONSIDER:

- Leatherman
- Para cord (100')
- Duct Tape
- Sewing Kit (travel size)
- Fire Starter
- Sleeping Bag
- Tube Tent
- Small Binoculars
- Hand Warmers
- Compass / GPS
- Light / Glow Stick(s)
- Trash / Zip Loc Bags
- Cell Phone Sloar Charger

## Clothing

### ESSENTIAL:

- \*  Good Shoes!
- Socks (2 pair)
- Underwear (2 pair)
- Hat
- Rain Poncho

### CONSIDER: (Think Seasonal)

- Warm Gloves
- Scarf
- Beanie Head Warmer
- Seasonal Jacket
- Sunglasses

## Other Essential Items

- Back Pack or Rolling Bag.** This does not have to be expensive but remember, it must be strong / durable enough to meet your needs.
- Communication Device (Ham Radio, CB, GMRS, FRS).** Determine which communication method(s) you plan to use as outlined in your personal or family plan.
- Money \$\$.** Small bills and quarters. How much you choose to keep in your kit depends on your budget. ATM and debit machines may not be accessible or working.

## Special Notes \*

\* The items listed above are only suggestions. Be careful with what you buy. You truly get what you pay for.

\* **Food:** Pack food that you will actually eat and food that does NOT need to be cooked or needs very little preparation.

\* **Batteries:** Standardize any battery use to AA if possible.

\* **Good Shoes:** Crocs, high heels, etc. are not safe or comfortable for walking in debris or long distances in an emergency. Keep comfortable tennis shoes or boots handy.

